



Serves 4.

- 2 cups old-fashioned oats, uncooked
- 2 cups 100% liquid egg whites or 14 egg whites
- 2 cups nonfat or low fat 1% - 2% cottage cheese
- 4 tsp. aluminum-free baking powder
- 4 tsp. **Trim Healthy Mama Sweet Blend** (\*see below for other sweetener alternatives and measurements)
- 1 tsp. vanilla
- 1 tsp. salt (*I prefer Redmond RealSalt with its full mineral content*)
- 1/2 tsp. glucomannan powder
- coconut oil spray
- butter

Heat waffle iron to medium or medium high. The level of heat may take a little bit of experimentation on your part, depending on what type of waffle iron you own. Blend old-fashioned oats in blender until powdered. (*Higher end blenders will do this quickly at high speed; for lower end blenders, pulse at low speed until well blended.*)

Add remaining ingredients except coconut oil spray and butter to blender. Combine well; let sit for 1-2 minutes to thicken slightly.

Lightly spray entire cooking surface of waffle iron with coconut oil spray. Pour batter onto hot waffle iron until surface is half filled with batter. Close waffle iron and heat to desired level of doneness or until golden brown to dark brown.

Remove waffles from waffle iron. Place waffles on serving platter or plate and store in warmed oven, if desired (200° F) or serve immediately. Before pouring additional batter from the blender, lightly spray entire cooking surface of waffle iron again with coconut oil spray. You'll need to grease the waffle iron each time before you pour any new batter onto it. If you forget to grease the waffle iron one time, you'll probably never forget again. It's time consuming to have to clean out that waffle iron when the oil has been forgotten!

Since this is an E ("Energizing") meal, you'll want to eat no more than 2-3 squares of waffles at a meal, and be sure to top them with only a tiny amount of butter, if you use it at all. These are delicious topped with Polaner All-Fruit Jam with Fiber or homemade fruit syrup that doesn't contain sugar in any form.

\*4 tsp. THM Sweet Blend is the same as:

- 4 "doonks" THM Pure Stevia
- 3/16 tsp. other stevia sweeteners
- 6 tsp. Truvia or homemade "Truvia"
- 6 packets Truvia or stevia
- 1/4 cup erythritol/Just Like Sugar/ xylitol
- 1-1/2 tsp. liquid stevia



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